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Vancouver metro

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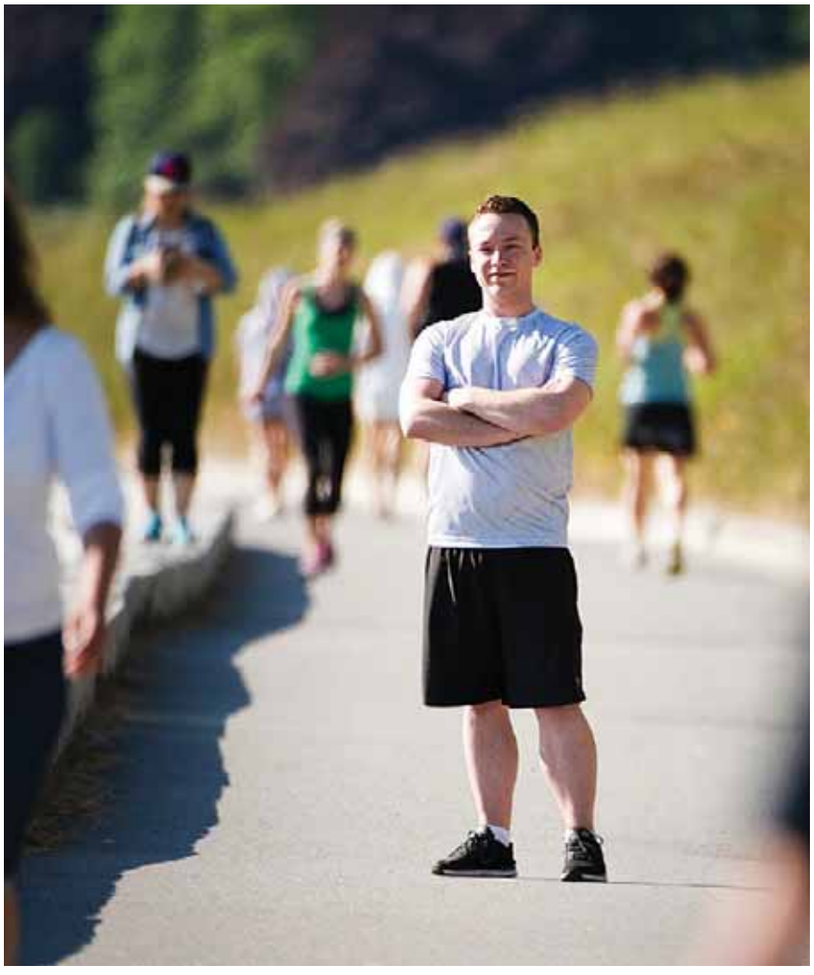

Walk this way

Jesse Evjenth, a personal trainer in Vancouver, runs on the seawall. He's come up with a series of etiquette rules to help keep seawall users safe. Story, metroNEWS. JENNIFER GAUTHIER/FOR METRO

Street pianos may be muted

MUSIC

This summer could see fewer of city's beloved instruments

Emily Jackson
Metro | Vancouver

Organizers of Vancouver's public piano program may have to turn down the volume on the free concerts this summer unless they can raise $20,000 by Canada Day.

Keys to the Streets — a student-led initiative that began in 2013 by placing pianos for anyone to play in spaces around the city in July and August — only has enough cash to place three pianos, down from 10 locations last year.

"We're scrambling right now.... It's basically two grand a piano. We'll just put out as many pianos as we can," said Aaron Tilston-Redican, one of the project leaders.

The cash is needed to pay a moving company, Eastvan Moving, for hauling the pianos to different locations, along with the two students that manage the program.

It also goes toward tuning the instruments that often get out of key with frequent use, BBQ covers so they don't get damaged in the rain and an emergency fund for major damage.

"It all just adds up," Tilston-Redican said Sunday, adding the pianos are all donated.

The City Studio initiative gets no money from the city, which grants permits for the piano locations, but last year they had funding from an insurance company. This year, organizers want to hammer out a business model so the pianos will be a permanent summer fixture.

"Our goal is trying to get pianos out on the street, to make sure that happens and to figure out a long-term model to make sure these pianos are around in 20 years," Tilston-Redican said.

He and co-leader Becky Till are taking a course at SFU's Radius, a social innovation lab, to develop a plan.

So far, they've raised about $6,500, but Tilston-Redican has an "unwavering faith" they'll be able to roll out the full program, even if he and Till don't get paid.

He strongly believes the spontaneous concerts and interactions around the pianos make residents happier and more engaged.

"In Vancouver there's this issue of social isolation. It's just amazing how you can just put a piano out in a public space and it helps to combat that," he said.

"It's something that little that makes Vancouver feel like more of a community."

ONLINE

To donate, visit: https://chimp.net/groups/keys-to-the-streets

metro NEWS

Your essential daily news

Georgian capital dealing with a flood of zoo animals. **World**

Italian Day on the Drive offers molto enjoyment

EVENTS

Thousands come out to celebrate all things Italy

Liam Britten
Metro | Vancouver

Thousands attended Italian Day on the Drive this year to experience the sights, sounds and tastes of Vancouver's Italian heritage.
LIAM BRITTEN/METRO

Bello weather, delizioso food and a grande variety of entertainers made this year's Italian Day on the Drive a hit on Sunday.

The sixth edition of the annual festival saw all things red, white and green take over Commercial Drive from North Grandview to Venables as a crowd of thousands enjoyed the afternoon.

Local merchants had a busy day, with many brick-and-mortar shops and restaurants filled to capacity. Many of the Drive's restaurants, like the Libra Room, set up tents on the street to fill even more hungry bellies.

"It was crazy, way busier than last year," said owner Marco Mirisklavos. "I think everybody had a good year this year. Good for the community, good for the Drive, absolutely."

In addition to the ample supply and variety of food, the arts were a major focus for this year's event. According to Italian Day executive director Brunella Gaudio, that gave organizers the chance to partner with cultural attractions in the city — like the Rio Theatre, which just wrapped up a run of classic Italian films over the past week.

Non-Partisan Association Coun. Melissa De Genova attended the event. Last week, she introduced a council motion to designate an as-of-yet undetermined portion of Commercial Drive as Little Italy.

"It has so many economic benefits, benefits for tourism. Right now there's no signage, it's not designated Little Italy. It would be nice for the Italian community to have that opportunity," she said.

De Genova acknowledged that the cultural makeup of the neighbourhood around Commercial Drive has changed significantly over the years, but said a large majority of businesses remain Italian-owned. De Genova said she is open to exploring renaming other parts of the city to reflect those areas' ethnic heritage.

SURREY

Weekend shootings injure four

Four young men are recovering from gunshot wounds after two separate shootings in Surrey on the weekend, but RCMP have not definitively linked the gunfire to an ongoing drug turf war.

The first shooting occurred in the 5700 block of 152 Street on Friday shortly before 10 p.m., according to a statement from Surrey RCMP. Mounties located two men with gunshot wounds who were transported to hospital. It's not clear how seriously they were injured.

Police believe a dark-coloured sedan fled the area after the shooting, which appears to be targeted.

The second shooting, which police also believe was targeted, happened in the 18600 block of Highway 10 on Saturday after 10 p.m. Officers discovered that bullets struck two homes, but no one was hurt inside. A regional hospital informed police that two young men arrived with non-life-threatening gunshot injuries.

In this case, police believe shots were fired between a white SUV and a silver Pontiac Vibe. The SUV is in police custody.

There have been 17 shootings in Surrey in the past few months related to an ongoing turf war. There have been at least a dozen other shootings over the same timeframe that police haven't conclusively linked to the drug war.

Anyone with any information is being asked to call 604-915-6566 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON /METRO

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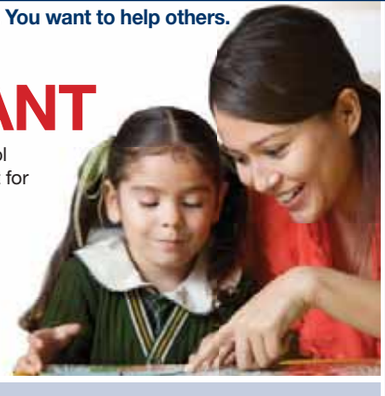

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HUMAN RIGHTS

Group raises alarm over terror trial

A terrorism trial underway in British Columbia runs disturbingly parallel with an emerging trend in U.S. anti-terror efforts targeting some of society's most vulnerable people, says an international human rights group.

Human Rights Watch members have been observing the case of John Nuttall and Amanda Korody, two Vancouver-area residents found guilty earlier this month of plotting to decimate the provincial legislature with pressure-cooker bombs.

Andrea Prasow, the organization's deputy Washington director, says the case resembles U.S. authorities' post-9/11 undercover operations to thwart terror attacks before they happen.

"What we've seen allegations of (in B.C.) are at least similar practices to what we've seen in the U.S.," said Prasow.

"Federal law enforcement authorities targeting in sting operations people who are particularly vulnerable."

A B.C. Supreme Court jury convicted the pair of conspiring to commit murder and possessing explosives for the benefit or on behalf of a terrorist organization. The attack was planned for Canada Day in 2013.

Defence lawyers want the verdict thrown out when they return to court on June 29. They argue the couple was entrapped by police and induced to commit terrorist crimes. THE CANADIAN PRESS

> **They might say all sorts of horrible things ... but that doesn't mean that they would commit a crime.**
>
> Andrea Prasow, Human Rights Watch

COURT

Reporter's Furlong lawsuit to begin

A freelance journalist who alleges former Vancouver Olympics CEO John Furlong publicly portrayed her as unethical, heartless and cruel is set to have her day in court.

Laura Robinson accuses Furlong of defaming her in public comments after she published an article in 2012 that included allegations from former students that he physically abused them some 40 years ago.

The civil trial in her case is set to begin Monday in B.C. Supreme Court and is expected to last two weeks.

Shortly after the controversial story that was published in the Vancouver weekly newspaper Georgia Straight, Furlong filed a defamation suit against Robinson and the publication, denying the abuse allegations and accusing her of a vendetta.

John Furlong THE CANADIAN PRESS

He dropped his lawsuit earlier this year after the dismissal of the last of three lawsuits against him alleging sexual abuse, telling reporters that "truth and innocence" had prevailed.

THE CANADIAN PRESS

Actors Jane Fonda and Rachel McAdams join Melina Laboucan-Massimo of the Lubicon Cree First Nation at Jericho Beach on Saturday for Toast the Coast, an event in opposition of oil tankers and pipelines. EMILY JACKSON/METRO

Jane Fonda speaks out against Arctic drilling

CLIMATE CHANGE

Actress joins fellow green activists in Vancouver

Thandi Fletcher
Metro | Vancouver

Although scientists have warned the Earth is locked in an irreversible course of global climate disruption, as far as Jane Fonda is concerned, "it's never too late" to turn it around.

That optimism is what compelled the 77-year-old Academy Award-winning actress and activist to travel to Vancouver and speak out against Arctic drilling and threats to B.C.'s coast from tarsands pipelines and increased tanker traffic at Greenpeace Canada's Toast the Coast event at Jericho Beach on Saturday.

"I have grandchildren, and I just got tired of sitting at the breakfast table reading about these things … and not doing something about it, when I know that the mantra of my life is it's not too late," she told Metro in a sit-down interview Friday ahead of the weekend event.

"This is the issue of our lifetime. We are at an existential crossroads and we have to stop going down the road that we've been going down or we're not going to have a future for our grandchildren."

A giant salmon lantern sets off from Jericho Beach for Greenpeace's Toast the Coast event on Saturday. EMILY JACKSON/METRO

A longtime political activist, Fonda was first arrested during a protest with First Nations people in Tacoma, Wash. Asked if she would be willing to end up in handcuffs again for this cause, Fonda didn't hesitate.

"At the very least," she said. "It's a cause I would die for."

Although she is clearly passionate about climate change, Fonda admits she, like many people, didn't pay close enough attention to the issue until recently.

It wasn't until she read author Naomi Klein's contentious book, This Changes Everything, on capitalism versus the climate, and saw last month's kayaktivist protest against Shell's drilling rigs in Seattle, that Fonda said she realized the urgent need to lend her voice to the cause and try to put a stop to global warming.

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Be considerate: Seawall runner

SEAWALL

Jesse Evjenth has 7 rules to help with route congestion

Thandi Fletcher
Metro | Vancouver

It was a beautiful summer day two years ago when Jesse Evjenth decided to go for a run on the Stanley Park seawall.

Unfortunately for him, it seemed everyone else in the city had the same idea.

With pedestrians, runners, cyclists, rollerbladers and dog-walkers all out to enjoy the scenic walkway, the iconic attraction was overcrowded with visitors and his hopes for a relaxing run were dashed — quickly.

"It was the worst run I've had in a really long time," Evjenth told Metro. "Everybody was cutting me off."

First, a pedestrian suddenly stopped without any warning, sending Evjenth crashing into the person from behind. Then, a cyclist sideswiped him without any acknowledgement. Adding insult to injury, Evjenth said he "started running again and stepped in dog crap."

The stressful experience prompted Evjenth, who works as a personal trainer in Gastown, to vent his frustration through a blog post.

In a bid to help combat the problem, he came up with a series of seawall etiquette rules.

"It's common-sense stuff," he said. "One is to remember the rules of the road. Imagine you're driving a car — you're not just going to suddenly stop with no warning."

When the mercury rises and hordes of tourists flock to the seawall, the behaviour of people trying to navigate the popular attraction sparks both heated debate and headaches.

There have been some serious injuries involving seawall users — including an incident where a cyclist reportedly struck an American tourist and broke her back — but Vancouver police spokesman Const. Brian Montague said no one has died as a result of a collision on the seawall.

Montague said the seawall has a 15 km/h speed limit that officers do periodically enforce.

"The enforcement is done to educate cyclists about just how fast they are going and the potential dangers of speed in an area so closely shared by pedestrians," he said.

In the meantime, Evjenth said he knows his etiquette rules won't change seawall behaviour overnight.

As a personal trainer, he said he also doesn't want to discourage anyone from going outside and exercising.

His strategy now to prevent another seawall squabble is to try to change his own behavior and hope others eventually follow.

"I started fixing things," he said.

"Instead of running when it's extremely nice out and I'm expecting it to be busy, I choose a different route."

> **The enforcement is done to educate cyclists about just how fast they are going and the potential dangers of speed in an area so closely shared by pedestrians.**
> Const. Brian Montague

Jesse Evjenth, a personal trainer in Vancouver, runs on the seawall earlier in June. JENNIFER GAUTHIER/METRO

RULES FOR PEDESTRIANS ALONG THE SEAWALL

7 RULES
of seawall etiquette:

1. Slow traffic stay right
While everyone is welcome to use the seawall, Evjenth recommends anyone moving at a slower pace to follow the rules of the road and stay right. That lets runners and rollerbladers to pass without putting anyone's safety at risk.

2. Pass on the left
The same applies to fast traffic. For runners, cyclists and rollerbladers, Evjenth urges them to also be mindful of following the rules of the road by passing on the left, rather than plowing through people.

3. Single-file only
Passing on the left works only if people aren't walking the entire width of the seawall. To help keep traffic flowing, Evjenth urged large groups to break apart and pair up. "The seawall isn't a four-lane highway," says Evjenth. "Single- or double-file, please."

4. Scoop your dog's poop
After stepping in dog poop many times during his runs, and seeing dozens of bags filled with poop on the ground along the seawall, Evjenth urges owners to pick up after their pets.

5. Bike lanes are for bikes
Evjenth doesn't hold back on this topic: "There is an actual fancy lane for bikes and rollerbladers," he says. "Use it! This is not for walking or standing." The same applies to cyclists to stay out of the pedestrian lane, he says, or risk getting a "stick in your spokes."

6. Don't stop suddenly
Evjenth speaks from personal experience, having run into many pedestrians that suddenly stop.
"All I can say to them is, 'You are lucky I wasn't riding a bicycle'," he says. "Handlebars hurt more than elbows."

For tourists who are lost, he recommends they stand to the side to ask for directions or find their way. Unpredictable walking behavior is bound to cause a collision.

7. High-fives are fun
On a beautiful summer day, Evjenth says he just wants to share the joy and high-five others when he passes them on the seawall.
"The worst is when you look confused and stare as I run by," he says.
"Don't leave me hanging."

BURRARD BRIDGE

Yoga event cancelled as premier, Lululemon drop out

Talk about a namastake.

A mass yoga session planned for Vancouver's Burrard Bridge on June 21 has been cancelled after Premier Christy Clark and two major sponsors, Lululemon and YYoga, pulled out of the event on Friday following a week of mounting public backlash.

A week after announcing Om the Bridge, Clark said in a tweet that she would not participate in Om the Bridge and that yoga is about celebrating peace and harmony, not politics.

Retailer Lululemon and YYoga, a chain of yoga studios, also announced Friday that they will pull out of sponsoring the event. In a tweet, Lululemon said it has decided not to participate "after much feedback" and that it will be re-imagining "a way to honour the spirit and tradition of yoga."

YYoga CEO Terry McBride said the intention of International Yoga Day was to "celebrate something very positive."

With the criticism surrounding Om the Bridge, however, McBride said the event had become "anything but that."

> **Hey Yoga Haters- bet you can't wait for international Tai Chi day.**
> Christy Clark, on Twitter

YYoga will be working with its partners to plan another event to celebrate International Yoga Day, but this time, it will be in a park, McBride said.

On Thursday, Clark appeared to thumb her nose at the criticism, posting a photo of herself in front of a Tai Chi studio with the words: "Hey Yoga Haters- bet you can't wait for international Tai Chi day."

Clark has said that Yoga Day is celebrated worldwide by millions of people and is sanctioned by the United Nations.

THANDI FLETCHER/METRO
WITH FILES FROM EMILY JACKSON AND THE CANADIAN PRESS

Premier Clark posted this image of her standing in front of a Tai Chi studio to Twitter on June 11. TWITTER

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PAN AM GAMES TORCH TOUCHES DOWN Olympic gold medalist Ashleigh McIvor DeMerit and her husband, former Whitecaps captain Jay DeMerit, pose with Toronto 2015 Pan Am Games torches in front of the Olympic Cauldron at Jack Poole Plaza on Sunday. The relay did a whirlwind tour Sunday, starting with a paraglider carrying the flame off Grouse Mountain. It ended at the Richmond Olympic Oval where Olympic gold medalist and triathlete Simon Whitfield lit the community cauldron. The Pan Am Games begin July 10. EMILY JACKSON/METRO

Report supports CapU instructor

ACADEMIC FREEDOM

Association calling for apology from university

Liam Britten
Metro | Vancouver

Capilano University sculpture instructor George Rammell says he feels vindicated by a report that strongly criticized the university for removing and destroying one of his sculptures.

The sculpture, Blathering On in Krisendom, was an effigy of university president Kris Bulcroft made in the style of a ventriloquist dummy. Rammell called it a satirical swipe against her leadership and cuts made to arts programs at the school.

On May 8 of last year, the university removed it from Rammell's on-campus studio on the orders of university board chairwoman Jane Shackell. She said the statue constituted harassment.

The report, written by members of the Canadian Association of University Teachers (CAUT), disagreed.

"We conclude that the Administration was guilty of institutional censorship and violated Professor Rammell's academic freedom by seizing his sculpture," the report noted.

The report recommended that Capilano administration publicly apologize to Rammell and better protect academic freedom.

However, Capilano considers the matter long closed after reaching an agreement with the union through the collective bargaining process last year.

> **The Administration was guilty of institutional censorship.**
> CAUT Report

George Rammell's sculpture Blathering On in Krisendom. CONTRIBUTED

But Rammell still feels things haven't been made right.

"I think what would make it right is a new president," Rammell said.

Rammell says the rebuke from CAUT sends a strong message to future instructors about the degree of academic freedom at Capilano.

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metro

Lindhout 'happy' for arrest of alleged Somali kidnapper

OTTAWA

Canadian journalist was captured near Mogadishu

Amanda Lindhout crumpled to the floor, crying, as RCMP investigators broke the news to her on Thursday about the arrest of her alleged Somalian kidnapper.

One officer who had stuck with the case over the past five years asked her: "Are you sitting down?," Lindhout recalled Sunday on social media.

"There were several RCMP officials on the line as he delivered the news. I was stunned that they'd made the arrest. I was even more stunned that the accused kidnapper was in my home country."

"I had forgotten to sit down, and my knees gave out. I lay on the floor crying, saying the words, 'Thank you, thank you, thank you so much,' again and again," said Lindhout in a statement posted on her Facebook page and also released by her publicist.

The RCMP announced Friday that they had arrested Ali Omar Ader in Ottawa.

Authorities are saying little about how the Somalian national made his way to Canada, where he now faces a criminal charge of hostage-taking.

But seeing Ader in news coverage of the arrest sparked a range of emotions for Lindhout.

"I find it difficult to describe what it felt like to see his face again," she said.

"It brought up anger, fear, confusion and also — knowing that he no longer poses a threat to me or to anyone else — a sense of relief."

Amanda Lindhout attends a reception held in her honour by the Alberta Somali-Canadian community in Calgary on Feb. 21, 2010. The RCMP have arrested and charged a Somali man (inset) in connection with the case. THE CANADIAN PRESS

Lindhout, who was a freelance journalist at the time, and photographer Nigel Brennan were seized by young gunmen near strife-torn Mogadishu, Somalia, in August 2008. Both were released on Nov. 25, 2009.

Defence Minister Jason Kenney has also commended the RCMP and other international police services involved in getting Ader to Canada.

"There's been some absolutely brilliant and complex policing work done here," Kenney told CTV's Question Period.

"The fact that the RCMP, with other international police agencies, have stayed on the case and brought this investigation to a successful conclusion is a great credit to them."

> **I am happy that he will be called upon in court to answer for his role in the kidnapping.**
> Amanda Lindhout, who was kidnapped in 2008 by young gunmen near Mogadishu, Somalia

Ader was arrested Thursday in Ottawa. The RCMP say the 37-year-old had been in town for a few days but the national police force would not reveal how he arrived in Canada.

Ader's case will be back in court June 19. His lawyer, Samir Adam, said Friday he didn't have enough information on the allegations against his client to comment.

Successfuly prosecution in such a case "depends on a certain level of discretion," RCMP assistant commissioner James Malizia told a news conference Friday.

The RCMP's Ottawa Integrated National Security Enforcement Team, supporting RCMP units and partner agencies have been working on the case ever since the abduction seven years ago, Malizia said.

Details of the lengthy investigation — which involved undercover operations, surveillance and wiretaps — would come out in court, he said. For now, all that matters is that charges have been laid, said Lindhout.

"I'm grateful that this man has been arrested," she said.

THE CANADIAN PRESS

OFFICES

Moving Senate may cost millions

Finding temporary offices for the Senate could cost taxpayers an extra $24.5 million — even more than the latest big-ticket audit of expenses in the upper chamber. And it's all because of one city block.

The cost of temporary Senate offices in downtown Ottawa could surpass the $23.6-million audit by nearly a million dollars if the Senate doesn't agree to extend its search boundaries by a single block, an internal government document shows.

Sticking with the current boundaries means Public Works would face a much costlier tender process, rather than being able to negotiate directly with a landlord. The result would cost taxpayers $24.5 million more over 13 years than the government wants to spend.

The details are contained in a Jan. 30 briefing note to Public Works Minister Diane Finley, obtained by The Canadian Press through the Access to Information Act.

Public Works won't say how much it's willing to spend.

The Senate needs to find space soon so it can be ready for 2018 when the Centre Block is closed for badly needed renovations, displacing both the Senate and the House of Commons for almost a decade.

THE CANADIAN PRESS

NEW HOME

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SECURITY

Fugitive killers could be anywhere

Two convicted murderers who used power tools to cut their way out of a prison near the Canadian border could be nearby or "in Mexico by now," New York Gov. Andrew Cuomo said Sunday.

The intense manhunt focused on the fields and Adirondack woods near the prison in upstate New York after the inmates' escape was apparently hampered by a prison employee's decision to back out as their getaway driver nine days ago.

The inmates, David Sweat and Richard Matt, planned to have the now-jailed prison worker drive them about seven hours away to an unknown destination, District Attorney Andrew Wylie told CNN.

But prison instructor Joyce Mitchell backed out of the plan at the last minute, Wylie said.

"One of the reasons that she didn't show up was because she did love her husband and didn't want to do this to him," he said.

Even as hundreds of law enforcement workers stalked the rural area about 30 kilometres from Canada, Cuomo said it was unclear if the men were nearby.

"We don't know if they are still in the area or if they're in Mexico by now," he said.

Many residents remained locked in their homes at the advice of authorities, with some saying they were keeping firearms handy. Both men are considered extremely dangerous.

Sweat was serving a life sentence for killing a sheriff's deputy. Matt was serving 25 years to life for the 1997 kidnap, torture and hacksaw dismemberment of his 76-year-old former boss.

THE ASSOCIATED PRESS

SPACE TECHNOLOGY

Spacecraft wakes up after 7 months

To scientists' relief and delight, the Philae spacecraft that landed on a comet last fall has woken up and communicated with Earth after seven long months of silence, the European Space Agency announced Sunday.

Philae became the first spacecraft to settle on a comet when it touched down on icy 67P/Churyumov-Gerasimenko in November. But the solar-powered probe came down with a bounce and ended up in the shadow of a cliff instead of in direct sunlight.

As a result, Philae managed to conduct experiments and send data to Earth for only about 60 hours before its batteries ran out and it was forced to shut down its systems and go silent.

Scientists had hoped the probe would wake up again as the comet approached the sun, enabling Philae's solar panels to soak up enough light to charge the craft's main battery. But there were fears its mission would be cut short.

THE ASSOCIATED PRESS

Floods leave 12 dead, animals on the loose

GEORGIA

Police still searching for bears, wolves lions, monkeys

Severe flooding in the Georgian capital left at least 12 people dead Sunday and triggered a big-game hunt across the city for lions, tigers, a hippopotamus and other dangerous animals that escaped from Tbilisi's ravaged zoo.

Residents were warned to stay indoors as police conducted the hunt, but fear deepened as night fell on the city of 1.1 million with some of the animals still on the loose.

"The daytime wasn't bad," said resident Khariton Gabashvili, "but tonight everyone has to be very careful because all the beasts haven't been captured. They haven't been fed, and in their hungry state they might attack people."

Heavy rain destroyed or damaged hundreds of homes in the former Soviet republic. Officials said about two dozen people were missing.

"Everyone has to be very careful because all the beasts haven't been captured."
Khariton Gabashvil

People assist a hippopotamus that has been shot with a tranquilizer dart after it escaped from a flooded zoo in Tbilisi, Georgia, Sunday. TINATIN KIGURADZE/THE ASSOCIATED PRESS

Zoo animals ran off after the floodwaters destroyed their enclosures. Among those that escaped were bears, lions, wolves and monkeys.

A hippopotamus — an extremely aggressive animal with the ability to run faster than humans in short bursts — was spotted lumbering through a flooded square and was shot with a tranquilizer dart. Other animals were hunted down and killed.

The carcasses of at least a lion, a boar and a tiger were seen, and zoo authorities said six wolves were also dead.

Authorities said the animals may have fled to just about any corner of Tbilisi, including the forests on the steep hills in the city's heart.

"On this small street there are five dead, three houses completely washed out and everyone is affected," said Lamara Zumburidze, a resident of the hardest-hit section of the city. "I don't know where to sit, where to lie, what to do."

Some officials accused authorities of using unnecessary force on the beasts. THE ASSOCIATED PRESS

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GENDER ISSUES

Nobel Prize winner's career ends after making offside joke

A week ago, Tim Hunt was a well-known Nobel Prize winner who was promoting science education throughout Europe and the world.

Today he's widely perceived as a sexist who's been stripped of most of his positions because of inappropriate comments about women in science.

Gone is his position with the European Research Council science committee, his role at the Royal Society, and his honorary post at University College London. He said Sunday he was fired from the latter.

Hunt's fall followed a speech Tuesday at the World Conference of Science Journalists in South Korea in which he said girls cause trouble in labs because "you fall in love with them, they fall in love with you, and when you criticize them, they cry."

The comments caused a Twitter storm that quickly led to Hunt, 72, leaving his posts even as he apologized. He has said he had been trying to make a joke, but nevertheless stood by his comment that love affairs in the lab are disruptive to science.

He was vilified by many, including The Guardian's Anne Perkins, who wrote that his comments were "the educated man's version" of blaming rape victims for wearing short skirts.

Hunt laments that his career is over — and some prominent women scientists who found his remarks offensive said the punishment may be too harsh.

Athene Donald, a leading physicist at Cambridge University, said Hunt always supported her work enthusiastically when she served as Gender Equality Champion at the university.

"I've spent a lot of time with him and I've never seen any sign of sexism," she said.

Ottoline Leyser, a former student, said his record is otherwise unblemished. "All my interactions with him were very positive," she said. "I've no indications from my experience or from colleagues that he's in the slightest way sexist."

She said the speed with which news of his comments spread has reinforced for many the dangers of speaking to the press or public.

THE ASSOCIATED PRESS

Twitter CEO Dick Costolo, chairman and co-founder Jack Dorsey and co-founders Evan Williams and Biz Stone watch the ringing of the opening bell at the New York Stock Exchange in 2013. RICHARD DREW/THE ASSOCIATED PRESS FILE

Tweeting a new path

SOCIAL MEDIA

User growth slowing, so experts weigh in on Twitter

The Pope is on Twitter, along with the Dalai Lama, world leaders and, of course, Kim Kardashian. The short-messaging service can bring fleeting fame or get you fired. It has been credited for sparking revolutions and, like Facebook, transforming the way the world communicates.

Despite the buzz generated by thousands of chatty journalists, athletes and celebrities, its user base of 302 million is dwarfed by rivals like Facebook, which boasts 1.44 billion users.

Facebook has grown into an Internet powerhouse, while Twitter in many aspects remains a niche social network, unable to convince the masses that they need its service to keep up with what's happening in the world.

Here are two of Twitter's more pressing challenges:

Make it easier to use

Almost one billion users have tried Twitter and not stuck around, according to tech investor Chris Sacca, a longtime Twitter backer who wrote a lengthy critique of the service and posted it online this month. Sacca suggested the service could offer more features to engage visitors.

More apps and options

Twitter is well-known around the globe, but it must do more to capitalize on its own brand, said Brian Blau, a tech analyst at the Gartner research firm. Twitter could be offering users more specialized apps for various activities, in the way that Facebook has built a stable of apps for messaging, consuming news and sharing photos, he said.

THE ASSOCIATED PRESS

LOTTERY

If you win big, plan carefully: Experts

Hoping to fund your retirement by winning the lottery is a ridiculous idea. Sure, someone has to win, but banking your future well-being on a cheap ticket, a handful of carefully chosen numbers and near-impossible odds isn't financial planning.

But if you're fond of daydreaming about winning big — Friday's Lotto Max jackpot is $43 million — how much would you need to win to quit your job for good?

That depends on an array of factors, including how you plan to live your life going forward, how old you are and what kind of financial legacy you want to leave, says investment adviser Kathryn Del Greco at TD Wealth.

"There isn't a magic number that you could apply to everyone," Del Greco said.

Larry Moser of BMO InvestorLine estimates a risk-free portfolio of GICs will yield close to one per cent, while you may be able to earn four to five per cent a year by taking some risk in a conservative portfolio.

Del Greco cautioned that inflation can erode the value of your nest egg without at least some investment growth.

"That's why we encourage a balanced portfolio that would incorporate high-quality, dividend-paying stocks … and also blue-chip equity stocks (to) provide a natural hedge to inflation pressures," she said.

If you do hit the jackpot, both Del Greco and Moser recommend putting the money aside for a time before doing anything with it to give yourself space to formulate a plan.

"Before you make any rash decisions, before you start spending any money, before you start giving away all the money, you really want to sit down and figure out what the purpose of this money is," Moser said.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, June 15, 2015

#MYMETRO

Richie Islam and Roxana Olaru, Toronto

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What's the first thing you flip to when you read Metro?
Islam: I do the Sudoku.
Olaru: The horoscopes.
What is your commute?
Islam: I live in Markham. I take the train to go to school for graphic design.
Olaru: I'm from Uxbridge. I commute to Toronto for work and school.
What's the one spot in Toronto everyone who comes here should visit?
Islam: Kensington Market, because it's eclectic.
Olaru: The Distillery District.

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#ShunTheBridge proves hashtag activism works

CITY HOLLER
Trish Kelly

I'm glad Om the Bridge, the out-of-proportion yoga event, is now officially dead, and I'm happy to call its demise a victory of the people.

Under the hashtag #shunthebridge, and amplified by children's singer Raffi's considerable online following, criticism of Premier Christy Clark and the event reached more than 600,000 Twitter users in three days. That's a huge number of eyes, equivalent to the readership of this paper for an entire week.

Boosted by a whole lot of media coverage, we demonstrated a constituency the premier couldn't ignore. In the end, at least some of the $150,000 budgeted for the event will be saved, and most importantly, the people were heard.

It's also a victory for reconciliation. Much of the criticism of Om the Bridge pointed out the poor timing threatening to overshadow National Aboriginal Day. Though headlines mentioned outcry from aboriginal Canadians, many non-aboriginals spoke up too.

So now what? I've heard some glee from those excited to see Clark bellyflop so badly with this initiative. I hope we do more than gloat. It's important we realize the power we have. However, it's likely Clark was willing to back down from Om The Bridge faster than she will be for other unpopular initiatives she's championing, such as liquid natural gas and the dismantling of our public school system. Our strategy to get movement on these issues can use the same building blocks as #shunthebridge. We don't have to wait until the next provincial election to make change. We can rally together under a unified message, even if it is a hashtag. We can engage champions with plenty of clout to amplify our message. We can be unrelenting.

If we can learn something about wielding our power, we'll have done better than our premier. Clark wavers between flaunting her power — as she did in her flippant tweet to "yoga haters" — and ignoring it, as when she released a sulky statement complaining she was "forced" to cancel the event. It's a word choice that contains no hint of apology, and no acknowledgement of her agency as the most powerful politician in our province.

So now what will you do with your Sunday? It's still a great day to plan for some quiet contemplation. You can spend some time reading the deeply honest testimony of residential school survivors in the Truth and Reconciliation Commissions' final report. If it's yoga you want, head to Trout Lake for the National Aboriginal Day celebration, which will include a session lead by an aboriginal yoga teacher. Or you can take a few mindful moments to consider what issue we should tackle next with this power we have to create change.

If we can learn something about wielding our power, we'll have done better than our premier.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

We're too distracted or shy to talk to strangers. Too bad.

We don't talk enough to strangers.

We're distracted, maybe, or shy, or afraid.

It's too bad, because saying hello can lead to small, sweet, random encounters with someone new, someone interesting. Someone like Jane.

Leaning on her cane, Jane walked into the mostly empty theatre and sat down next to me. She wore large running shoes and a light jacket. She smiled and said, "Hello."

We joked that we'd both been made fools of by the weather and overdressed for that hot spring night.

Jane normally sees plays with a friend, but her friend couldn't make it that night.

She didn't even know what this play was about — she just came because she lives close by, and she loves theatre.

This was the first winter in decades Jane had spent in Toronto. Normally she escapes to a small town in India where she'd once been stationed as a secretary in the foreign service. She told me I have to go one day.

The play started, and while we watched, I had the sense I had a new friend.

After the play, Jane asked if I was walking east, and I was sad to tell her I wasn't. "Oh, I just thought then we could walk together," she said.

We said goodbye at a pair of big doors, and Jane insisted she needed no help with them (she is, I estimate, in her 80s).

But when I got to my bike, I decided I didn't want to go home. I wanted to talk more with Jane, and, because it was now dark, to see her safely home.

I chased after her and yelled "Jane! Wait!" and startled the heck out of her.

We walked east along empty sidewalks, then north a few blocks, stopping once so Jane could check the price of bread at a small grocery store.

As we walked, Jane told me how she started working for the government in her 40s and how she came to love the people and culture of that Indian town (after learning that not saying "hello" in the streets was no indication of a lack of local friendliness).

When we reached her building, she gave me her email with instructions to write when I got home, so she'd know I was safe. We'd see another play sometime, we said.

When I got home, I wrote Jane, but the email bounced back. She's unGoogleable, which is both sad and fitting — a stranger crush who is a digital enigma.

Jane will be wonderful company for someone else, sitting alone in a theatre, some other time, who talks to the stranger beside them.

metro
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Your essential daily news

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NUTRITION

Health Canada to re-examine every facet of Food Guide

Among recommendations to revamp the Food Guide: fruits and veggies should be separated into two groups. THE ASSOCIATED PRESS

It's sung as Canada's gospel of proper nutrition; a trustworthy guide dispensing sound advice on how to eat well, feel well and keep thin.

But Canada's Food Guide is under fire — within academic circles, among clinicians, in witness testimony at a senate subcommittee investigating obesity — and now, at Health Canada, which says it has decided to review the country's official food rules.

The governmental department will re-examine every facet of Canada's Food Guide, from the science behind it, to the policies and programs that stem from it and it's relevance to Canadians, the "changing food supply, population and demographics," spokesperson Eric Morrissette wrote in an email.

It's part of a new, "recently implemented" review process to "ensure Canada's Food Guide and related dietary guidance, continue to be current and useful," the statement says.

The Food Guide, a rainbow graphic of food groups and portion sizes explaining how we should spend our daily calories, was last updated in 2007 — despite a rising chorus of criticism from academics and clinicians. They say it is outdated, based on observations rather than hard science and focused on nutrients when it should emphasize whole foods.

"We need to throw out the idea that dietary recommendations can be built off nutrient requirements," says Dr. Yoni Freedhoff, a vocal critique of the guide. "We don't shop for nutrients, we shop for food."

Freedhoff adds that Canada's official food rules do little for public health, but "quite a lot" to serve the interests of the food industry.

Health claims associated with the guide, such as "low in fat" and "no added sugar," give hyper-processed foods the illusion of "health in a box," he says.

That puts the onus on the shopper to study "poorly designed nutrition fact panels," and try to figure out whether the package is telling truth or not, he says.

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

> **"We need to throw out the idea that dietary recommendations can be built off nutrient requirements. We don't shop for nutrients, we shop for food.**
>
> Dr. Yoni Freedhoff, a vocal critique of the guide

Criticisms of the guide range widely: fruits and vegetables should be separated into two groups because Canadians already eat enough watermelon and grapes, but not enough veggies, like beets and eggplant, experts say.

Fats are absent — and they shouldn't be, some experts say — especially with emerging evidence showing it is not fat that's bad, but the food it comes from.

Even the science behind it is under scrutiny's lens, says physician and University of Toronto nutritional sciences associate professor Dr. John Sievenpiper. "A big critique right now is that we don't measure well," he says. "We lack the big trials ... the randomized trials."

Valerie Tarasuk, professor at the University of Toronto's Nutritional Sciences Department, says the guide, food groupings and portion sizes, are based on "sound scientific principles" and draw attention to how a healthy diet is made up of a spectrum of different foods.

If Canadians could only follow it, they would meet their nutritional needs, she says. The controversy arises from a misunderstanding of what the guide should be used for. "It's not a prescription," she says. "It's an educational tool."

Kate Comeau, registered dietitian and Dietitians of Canada spokesperson, agrees the guide is effective at starting a conversation about nutrition — with some groups, she says. But it's "not for everyone."

And, says Joanne Lewis, of the Diabetes Association, it is certainly not the only factor that contributes to health, and chronic disease. The environment of eating, including food labels, marketing and access to food — are all important to healthier eating, she says.

If anything, what's broken, she says, is "the way we implement" the food guide. "I would hope that the food guide is revised based on any new evidence out there."

TORSTAR NEWS SERVICE

NUTRI-FICTION

A cup a day keeps the doctor away?

Manual Arango, director of Health Policy for The Heart and Stroke Foundation, says it's time the guide was revised — especially in its treatment of sugar.

Health Canada makes no distinction between added sugars, which are added in processing, and "free sugars," which exist unbound from the whole foods they come from, he says, citing juice as a prime example.

Currently, the food guide says that a 1/2 cup of juice can stand in for a serving of whole fruit.

Calling it "sugar water," Arango says he wants Health Canada to remove the recommendation immediately.

"It's bananas," he says. "Pure pulp fiction."

TORSTAR NEWS SERVICE

MIND & BODY

Fermented foods linked to reduced social anxiety, research shows

Fermented foods like kimchi can influence your mind, research team says. KIM JAE-HWAN/AFP/GETTY IMAGES

In a new study of the mind-gut connection, eating fermented foods, which contain probiotics, were associated with reduced symptoms of social anxiety for student participants.

Giving new meaning to the old cliché of "you are what you eat," the research team said this is the first in a series of studies they are planning, hypothesizing that the right food could complement the efforts of psychologists when it comes to mental health.

"It is likely that the probiotics in the fermented foods are favorably changing the environment in the gut, and changes in the gut in turn influence social anxiety," said Dr. Matthew Hilimire of Willian & Mary University in the U.S. "I think that it is absolutely fascinating that the microorganisms in your gut can influence your mind."

The researchers constructed a questionnaire that asked students about their consumption of fermented foods over the past month, and around 700 students responded.

It also questioned students about their exercise frequency and consumption of fruits and vegetables in the interest of controlling for other healthy habits that are reputed as mood boosters.

"The main finding was that individuals who had consumed more fermented foods had reduced social anxiety but that was qualified by an interaction by neuroticism," said Hilimire. "What that means is that that relationship was strongest amongst people that were high in neuroticism."

The questionnaire was incorporated in a mass test administered in the university's Introduction to Psychology class in the fall semester of 2014.

AFP

Carrie Underwood performs onstage during the 2015 CMA Festival on Saturday in Nashville. ALL PHOTOS GETTY IMAGES

Underwood 'in a really good place'

AMERICAN IDOL

New mom looks back on decade of instant fame, country hits

Carrie Underwood remembers when she first performed to thousands of country fans at the coveted Country Music Association's Music Festival in Nashville.

It was June 2005, which is exactly 10 years ago this month.

Fresh off an American Idol win, Underwood said her first big Nashville stage show was a madhouse. "It was a chaotic, with cameras flashing and a gazillion fans," Underwood said.

But her main worry was remembering the words to the song she was performing onstage.

"I was singing with Phil Vassar, a song I did not know," Underwood said. "I was like, 'Oh Lord, don't let me screw up the words.' We somehow pulled it off OK."

Now a decade later, Underwood has seven Grammy Awards and a handful of No. 1 singles on the country charts under her belt.

She's a wife, a new mom, and a bona fide super star.

Underwood said her pregnancy allowed her to slow down and focus on new music instead of touring.

"I spent a lot of time writing and listening to new songs," Underwood said. "I feel like now we're on the right track and in a really good place."

Before her sold-out performance at the 2015 CMA Music Festival Saturday night, Underwood admitted she was a bit nervous. It was her first big stadium show since giving birth to her son, Isaiah, back in February.

But when she hit the stage with her hit Blown Away, there was no sign of nerves. Strutting in her bejeweled hot-pants and matching vest, Underwood brought her fans at LP Field to their feet. She slowed things down but still held the crowd's attention with the emotional Something in the Water, off last year's Greatest Hits: Decade #1 release. She ended her seven-song set by bringing down the house with a resounding Before He Cheats.

> **"I don't know what to expect for the next 10 years. As long as I enjoy what I'm doing, I call that winning."**
> Carrie Underwood

In the crowd, and on their feet, were three generations of Underwood fans. Jessica Gallegos, her mother and daughter drove to Nashville from Murphysboro, Ill. Gallegos, who's been to every CMA show for the past 10 years, met a very nervous Underwood back in 2005 at a fan function.

"She was so nice and down to earth," Gallegos said. "I knew she was going to grow and be fantastic when I first saw her on Idol."

THE ASSOCIATED PRESS

IN BRIEF

Kylie Jenner reportedly looking to get hitched for 18th birthday

How do you celebrate finally becoming a full-fledged adult? If you're Kylie Jenner, you do it by marrying your 25-year-old rapper boyfriend, Tyga, if this Radar Online report is to be believed.

"Right now their plan is to get hitched in August," a source says. (August, by the way, is when Jenner turns 18.) "They are making plans to quit L.A. for a brand new life away from her family and his baby mama, Blac Chyna. Kylie is done with the constant criticism and micro-management from her family, especially Kim, and she's dead-set on going her own way as soon as possible." Sounds good. Where are they registered?

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Uncle Jesse got popped by the cops

JOHN STAMOS

Full House actor charged with DUI after being taken to hospital

IN HOLLYWOOD
Ned Ehrbar

John Stamos certainly had a wild weekend.

The Full House star was arrested and charged with a DUI in Beverly Hills after police stopped him for erratic driving.

Stamos was first taken to Cedars-Sinai Medical Center "due to a possible medical condition," where he was formally arrested and given the citation.

Photos from the arrest show a bleary-eyed Stamos popping a squat on the curb before police decide to head to the hospital.

There's no word on what that medical condition might be, but he's due in court in September.

Stamos tweeted out, "Thanks to everyone for their love and support. I'm home and well," but there are so many unanswered questions here, not least of which is what, no super-handsome mug shot?

FULLER HOUSE

Stamos starred in Full House, which aired on ABC from 1987 to 1995.

He will produce and appear in a 13-episode reboot of the sitcom for Netflix scheduled to debut next year.

John Stamos was arrested and charged with driving under the influence in Beverly Hills Friday night. ALL PHOTOS GETTY IMAGES

XO

Bey's lawsuit kiss-off

A former Beyoncé background singer is claiming Mrs. Z stole the track XO from him. The nerve. Last year, Ahmad Lane filed a federal lawsuit suggesting that a mutual colleague passed his demo for a song called XOXO on to Beyoncé.

Last week, Beyoncé fired back with a response via her lawyers calling Lane's suit "vague and cryptic" and explaining that "the two works at issue are entirely different songs that share no lyrical or musical similarity, other than perhaps the letters X and O."

Oh, and in case it needed pointing out, Beyoncé reminded everyone she doesn't need to steal anyone tracks because she has "17 Grammy awards and 118 million records sold." So there.

NED EHRBAR/METRO

DAVE GROHL

Mr. Show Must Go On

Foo Fighters frontman Dave Grohl is certainly a trooper. Two songs into a show in Gothenburg, Sweden, Grohl misjudged a jump and landed in the security pit, badly breaking his leg. He was removed from the stage, but came back an hour later with a fresh cast to play for two and a half hours seated in a chair.

Bad news for other European fans, though: Due to the accident, the band has cancelled its next two appearances in the Netherlands and Switzerland.

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‘Social is like your online resume’

Aliza Licht (@DKNY PR Girl) says you need a professional headshot for your social media avatar (no eggs allowed!). CONTRIBUTED

CAREER BUILD

DKNY PR Girl on how to land a job through Twitter

Raquel Laneri
Metro in New York

Can Twitter or Instagram help you land your dream job? According to Aliza Licht, senior vice president of communications for Donna Karan, it can not only help, it can make — or break — your career (seriously, don’t complain about your job on social, people).

Licht should know. She is the superstar force behind DKNY PR Girl, the online personality who reinvented social media for fashion brands, businesses and the people who want to work for them. To her, Twitter may be the world’s “biggest cocktail party,” but it’s no joke.

“Social is like your online resume,” Licht says. “Employers are checking it before they even meet you for an interview, and it’s a great way to pave the road for yourself.”

We asked Licht — who has just written a killer career-advice book, Leave Your Mark: Land Your Dream Job. Kill It in Your Career. Rock Social Media. — for her tips.

Have a polished profile pic

“Your picture should reflect whatever it is that you want people to think about you,” says Licht, “and if you’re an egg on Twitter ... that’s not exactly putting your best foot forward.” Licht’s recommendation? A professional-looking portrait. “It makes you appear established, even if you’re not,”she says.

Follow your industry’s superstars

“Think about your goal — is it to launch a new business or project, is it to get a job? — and then follow people who do what you want to do or who work where you want to work,” advises Licht. “I started my @LEAVEYOURMARKxo Twitter handle way before the book came out, so I could follow book reviewers and editors and educate myself ... You learn so much just by observing.”

Experiment

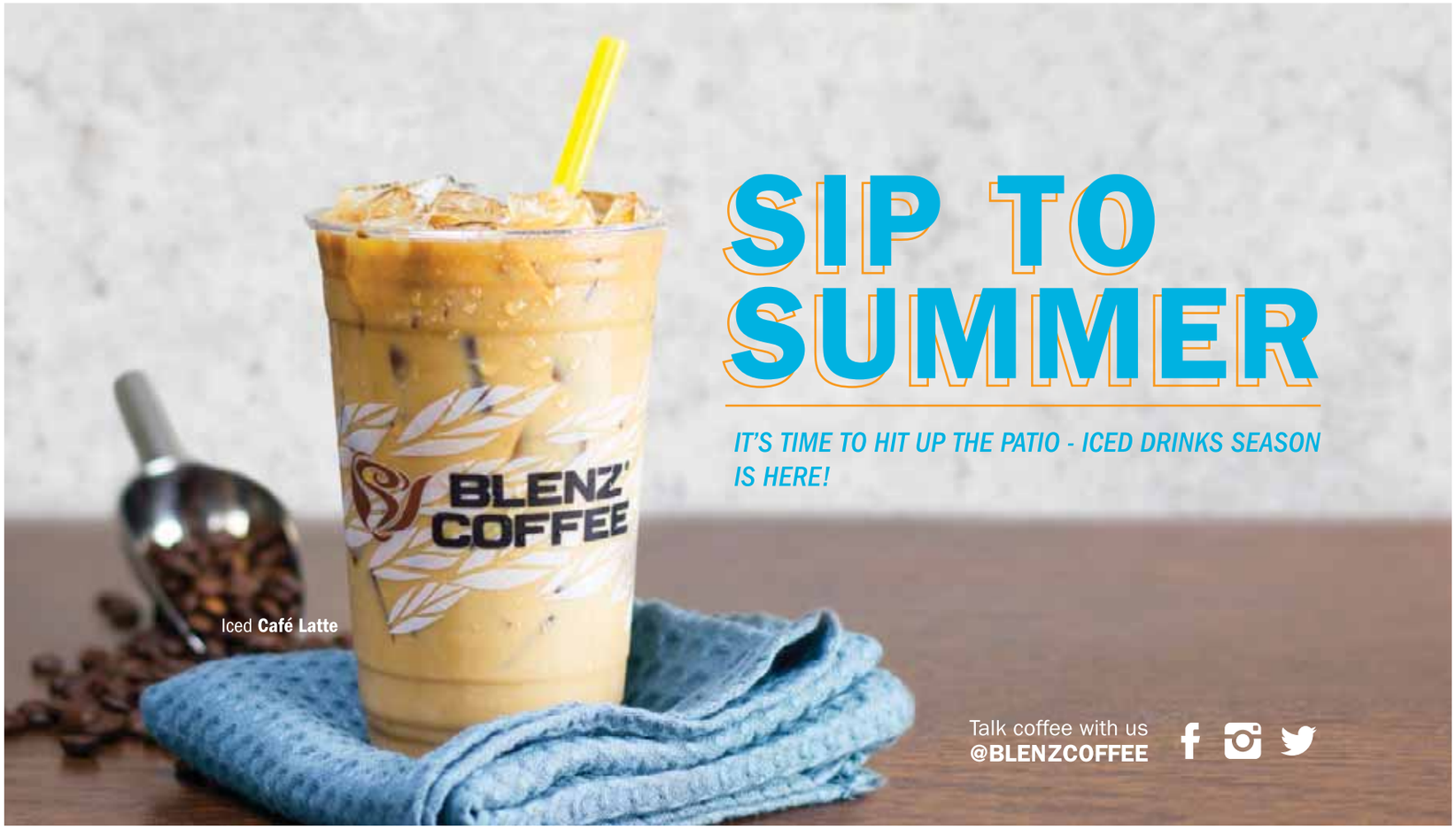
Nailing the right voice and persona can be tricky. The only way you’ll really learn how to tweet (or ‘gram or “tumble”) is by doing it. “You’ll learn what people are interested in and give them more of what they want,” says Licht.

Don’t be shy

“The great thing about Twitter is you can speak to anyone — there is no hierarchy,” Licht says. “Once in awhile you can favorite something, retweet something, compliment something.”

It can pay off big time. “I have this guy who is based in New Zealand who I engaged with quite often over the past six years on Twitter,” says Licht. “Just last year he reached out to me and said, ‘I would love to get an internship.’ I was like, Oh my God, yeah! I totally knew the minute I saw the email and his Twitter handle who he was.” She hired him.

> **Follow people who do what you want to do**
> Aliza Licht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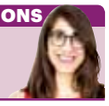
When your summer internship is boring/bad

INDUSTRY EXPERIENCE

Try these ways to get the most from an unispiring stay

OFFICE RELATIONS
Eleni Deacon



The ideal summer internship: a chance to gain exposure to your industry while making long-term connections and completing meaningful work. A lot of internships: not quite that inspiring. While interns can't expect employee-level responsibility, they can expect hands-on experience in their field. Here's how to proceed if your internship is more thumb-twiddling than skill-building.

Not sure how to spend your afternoons? Don't be shy to ask for more tasks. Although some organizations have longstanding internship programs — that come with a clear list of duties — many placements are not strictly defined. If no one has articulated your role, do so yourself. Rather than simply telling your superior that you have nothing to do, be proactive about what you want to do. Outline your interests, and express your desire to contribute in those areas. Even if your boss has no immediate need, you'll be top-of-mind when work comes up.

And avoid snubbing menial jobs.

Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs. ISTOCK

Coffee runs may not be fun, but internships are as much about your work ethic and attitude as your hard skills. Correctly (and cheerfully) completing your team's drink orders gives them more than a caffeine kick — it also demonstrates that you offer reliable services. The first few weeks of an internship are often a testing period. Prove yourself dependable at the small things and you'll increase your chances of getting bigger gigs.

If there's no chance of being assigned more-than-mundane work, focus on relationships. Be a sponge: find staffers with whom you click and absorb their expertise. Observe them in the office, ask questions and invite them for coffee so your can hear their stories. While your internship may only last a few weeks or months, strong connections can have years-later benefits. Walking away with a reference is essential. But exiting your internship with a strong ally — or even a friendship — is often just as valuable as learning to perform specific processes.

When a placement shows neither social nor practical promise, weigh its potential. If the fact of having worked at this organization could help you get hired, it likely merits sitting through your stint. No foreseeable benefits? Consider alternate options. Internships — especially those that are unpaid — are an investment. Whether you're after hands-dirty skills or a line on your resume, it should be worth it for you to stay.

GIVING BACK

Why volunteering is good for business

Studies have shown giving makes you happy. Whether it's buying a present for your mother, giving to charity or volunteering at a Boys & Girls Club, we feel good when we help others.

That thinking also extends to the workplace, says Carrie Morgridge, vice president of the Morgridge Family Foundation and author of Every Gift Matters: How Your Passion Can Change the World.

Indeed, a study by Deloitte Consulting found that 87 per cent of workers who volunteered with a group at work felt it improved their teamwork and people skills, while 81 per cent said that it helped develop stronger relationships with their colleagues.

"Volunteering brings a team together," says Morgridge. "It increases productivity, and allows co-workers to bond over a common goal that's not necessarily work-related, but tied to their community."

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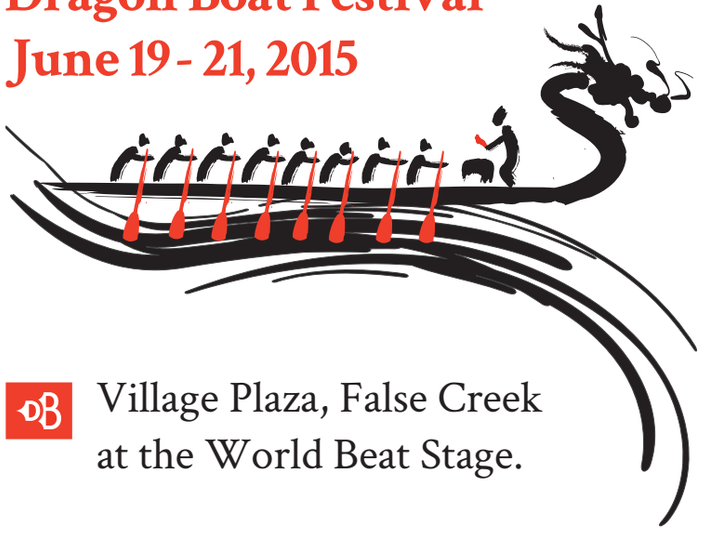

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Join us in the Village Plaza at the World Beat Stage 6:30 pm on Friday, June 19 for the opening ceremonies concert performed by Locarno, followed by The Paperboys. Both performances feature Juno award winning musician, Tom Landa. **FREE ADMISSION!**

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Teenaged life on the big screen

RJ Cyler, left, as Earl and Thomas Mann as Greg in the coming-of-age comedy Me and Earl and the Dying Girl. CONTRIBUTED

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SUNDANCE-WINNING COMEDY

Me and Earl and the Dying Girl explores lighter side of heavy topic

Steve Gow
For Metro

When actor Thomas Mann first read the script for the Sundance award-winning comedy Me and Earl and the Dying Girl, he immediately knew he wanted the part. But of course, that only meant it was probably a long shot.

"It's weird — it's almost better to not care as much," said the rising star recently in Toronto.

"I have better auditions when I'm just throwing it away or less passionate about them. The ones I really, really want — I overthink them."

Lucky for Mann, he had "this instinctual thing" with the character of Greg Gaines — an introverted high school student whose social activity is mainly consumed with videotaping parodies of obscure movies with his pal Earl. That is, until he's forced to befriend a girl stricken with leukemia.

"I never saw it as a cancer movie," admitted Mann. "I approached it as a coming-of-age-movie but one that didn't treat teenagers any more special or less special than they were. They don't say the right thing and it kind of embraced the selfishness and stubbornness of teenagers."

It marks a definite break from stereotypical portrayals of teenaged life on the big screen.

Unlike his best-known role as a youth eager to obtain popularity by hosting a huge bash in the hit 2012 found-footage teen comedy Project X, Mann's character in Me and Earl is unabashedly anti-social — satisfied to go unnoticed in school.

"I think that's more relatable to a lot of teenagers," said Mann.

"Teenagers today are very self-aware and everything is at your fingertips, you have all this information so you can choose to do with it what you want. For some people, it's overwhelming and they just find their comfort zone and stay there."

> **It's a funny movie dealing with a very serious subject. My favourite movies always carry this wide range of emotions.**
> Thomas Mann

Mann is clearly not satisfied with remaining in his comfort zone. Having filmed 10 projects in the past year, the 23-year-old actor will be heading right back to work alongside Charlize Theron in July on the medical thriller Brain on Fire — a role he's particularly excited to portray.

"It's much more grown-up than any other character I've played," explained Mann.

"I'm in my 20s playing someone in my 20s. I've played 17 for the past six years so this is my quintessential coming-of-age movie and I have to graduate. I just can't go back to high school."

MY NAME IS EARL RJ CYLER MAKES HIS FILM DEBUT IN SUNDANCE HIT

Making movies has been completely ruined for newcomer RJ Cyler. His very first feature, Me and Earl and the Dying Girl — he plays Earl — went on to win the Grand Jury Prize and the Audience Award at Sundance, where it had its world premiere. But they can't all be like that, right?

This is your first movie, and it won Sundance.

I literally didn't know what Sundance was, I didn't know that movies went to film festivals. I thought you shot a movie, it came out in theatres or ended up on Netflix. Or just didn't come out at all.

So then when they told me about Sundance and I read up about it, I was like, "Holy crap." And then we made it into Sundance, that was good enough for me. Then all the rest is just the icing on the cake to make it much sweeter, it was so good.

Did they warn you that they don't all do that?

I was like, "Man, we didn't have to set the bar so high." I can't go back to Sundance again with another movie and get the same experience, OK? They have literally ruined Sundance for RJ. How dare you?

What surprised you about making a film for the first time?

Alfonso's camera angles, oh my goodness. To walk into a room and see a camera hanging from the ceiling? Yeah, that took RJ to another place ... It was just a lot.

NED EHRBAR/METRO IN HOLLYWOOD

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metro SPORTS

Fabricio Werdum beat Cain Velasquez at UFC 188 to win the heavyweight title Saturday night

Monday, June 15, 2015

Defending their offence

WOMEN'S WORLD CUP

With one goal in two games, Canadians say more will come

Christine Sinclair is confident the goals are coming.

Canada's women's soccer team has scored just once in its first two group-stage matches at the FIFA Women's World Cup. Canada will look to find its scoring touch in the third and final group-stage game versus the Netherlands on Monday at Montreal's Olympic Stadium.

"As a forward, you get worried when you're not creating chances and chances aren't falling for you," said Sinclair after practice on Saturday in Montreal. "Myself, but also the rest of the front line, we've created chances. Sooner or later they're going to go in.

"People have to realize it's the World Cup — we're playing against the best teams in the world. There are no slouches."

Sinclair scored from the penalty spot in stoppage time as Canada opened with a 1-0 victory over China. Against New Zealand, the teams played to a scoreless draw.

John Herdman's team, however, have had their opportunities in open play. Canada has 10 shots on target, and only the Ivory Coast has hit more posts (3) than Canada (2).

"If we score one, the confidence will just come flooding in, even more so than it's already there," said midfielder Sophie Schmidt. "We're just saving it for the perfect moment."

Leading its group with four points from two games, Canada (1-0-1) could clinch top spot in Group A with a victory over the Netherlands (1-1-0). The Canadians would also reach the round-of-16 elimination games with a draw.

Even a narrow loss, with favourable results elsewhere, could send Canada through to the knockout stages.

But the Canadians have no intention of sitting back. They want all three points against the Dutch on Monday.

"That's our goal and that's our game plan," said forward Melissa Tancredi. "Coming up against any of these teams, we're not looking for a tie. We're going in there for a win, going in there very prepared and hopefully with the mindset of putting in some goals early."

THE CANADIAN PRESS

Christine Sinclair tries to control a ball against New Zealand's Betsy Hassett in Edmonton on Thursday. Sinclair and her Canadian teammates will look to find their scoring touch against the Netherlands on Monday. TODD KOROL/GETTY IMAGES

> **Championships are won with defence.**
>
> Sophie Schmidt on the fact that Canada has yet to surrender a goal

CFL

Lions make cuts, including backup QB Partridge

The B.C. Lions made several cuts on Sunday, two days after their first exhibition game against the Calgary Stampeders, and one of the casualties was sophomore quarterback Travis Partridge.

A total of three quarterbacks took snaps for the Lions in a 20-6 loss to the Stampeders, but Partridge, who spent last season as a backup behind Kevin Glenn and John Beck with B.C., was the only pivot to throw for an interception, while completing two passes on four attempts.

In such a brief in-game sample size to impress the coaching staff, the pick might have been Partridge's ultimate demise with the Leos.

Meanwhile, Jonathon Jennings and Greg McGhee, both first-year quarterbacks brought in this off-season by head coach Jeff Tedford, managed to stay on the roster.

Jennings, who was the starting QB on Friday, was impressive in his opening drive. He finished the game with five completions on 11 attempts for 116 yards.

The Lions now have four quarterbacks on their roster, including Beck and Travis Lulay.

The Lions also released second-year defensive back Torri Williams, defensive back Derrick Morgan, running back Brendan Bigelow, offensive linemen John Estes and Kaycee Ike, defensive lineman Alex King and receiver Reggie Jordan. CAM TUCKER/METRO

LAST TUNE-UP

The Lions will finish off the pre-season against the Eskimos on Friday at Thunderbird Stadium at UBC.

Running back Brendan Bigelow, left, was among the Lions cuts on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

WHL

Giants narrow coaching search

Scott Bonner will represent the Vancouver Giants at the upcoming NHL draft, and he believes that by then, he'll have a new head coach for the 2015-16 Western Hockey League season.

At this juncture in the off-season, it's vital the Giants soon have a successful candidate in place.

Among the reasons Vancouver's GM emphasized is so Bonner can go to the draft, which runs June 26 and 27 in Florida, and sell his program, particularly to agents of European players who are considering making the trek to North America.

> **If you don't have a coach, there's risk on (the agent's) part, sending their client to a guy they don't know.**
>
> Giants GM Scott Bonner

WHL teams are only allowed two non-North American players on their roster and the Giants would like to improve at the CHL import draft for next season.

"If you don't have a coach, there's risk on (the agent's) part, sending their client to a guy they don't know," said Bonner.

The Giants interviewed up to eight candidates, but have narrowed down the list to three.

There were five candidates that stood out, including former Buffalo Sabres coach Ted Nolan, and former Toronto Maple Leafs assistant Steve Spott.

That list also includes a pair of standout WHL coaches in Ryan McGill and Lorne Molleken, and Jason McKee, the coach and general manager of the Spruce Grove Saints in the Alberta Junior Hockey League.

While Bonner said this year's process has been a more cautious one, there is an urgency to now get a candidate in place.

"We've got to giddy up here."

CAM TUCKER/METRO

Warriors withstand LeBron's brilliance

NBA FINALS

Cavs ace nets 40 but can't stop Golden State taking 3-2 lead

The Golden State Warriors are a win away from ending one long championship drought and extending another.

Stephen Curry made seven 3-pointers and scored 37 points, and the Warriors withstood another brilliant performance from LeBron James to outlast the Cleveland Cavaliers 104-91 on Sunday night for a 3-2 lead in the NBA Finals.

With a sellout crowd rocking and roaring in their golden-yellow shirts, the newly minted MVP and his teammates took control of the game — and possibly the series — in the final minutes. Curry connected inside and out — sometimes way out - to help the Warriors pull away, and James and the Cavs had no way to counter.

The Warriors will try to win their first title since 1975 on Tuesday night in Cleveland, which hasn't won a major sports championship in 51 years. Game 7, if necessary, would be in Oakland on Friday night. James carried Cleveland as far as he could — the four-time MVP had 40 points, 14 rebounds and 11 assists, slowing down the pace the way only he can.

Stephen Curry helped his team rout the Cavaliers on Sunday with 37 points despite LeBron James netting 40 points and a triple-double. THEARON W. HENDERSON/GETTY IMAGES

GAME 5 In Oakland

104	91

James made 15 of 34 shots in 44 minutes. There were 20 lead changes and 10 ties in a game that featured nearly as many bruises as baskets — but few big men — and the league's two biggest attractions trading thrilling scores. James made a 34-footer with the shot clock about to expire midway through the fourth, and Curry answered with a step-back 3-pointer. Klay Thompson, who scored 12 points, followed with another from deep shot for the Warriors.

Andre Iguodala later hit a 3 and then grabbed a rebound, tossing in a left-handed put back while getting fouled by Tristan Thompson. Iguodala strutted back to midcourt, staring at the announced crowd of 19,596 — just about all of them on their feet through the fourth - before missing the free throw.

Curry added a cutting layup, then lost Matthew Dellavedova off the dribble and stepped back for a 3 that gave Golden State a 96-86 lead with 2:44 left.

James hit a 3-pointer, and the Cavs began fouling Iguodala — a sub-par free throw shooter — to try and extend possessions. But Curry never let the game get out of his hands, connecting on another 3-pointer with 1:12 left that had him pounding his chest and pointing to the sky.

STANLEY CUP FINAL

Blackhawks realize Vermette's value

As Antoine Vermette sat as a healthy scratch on May 23, a first-round pick and a prospect looked like an overpayment by the Chicago Blackhawks for his services. Ever since, he has been an invaluable piece of the Blackhawks' playoff run and perhaps the final piece of another championship team.

The next game, Vermette scored the game-winning goal against the Anaheim Ducks, his first of three since. The most recent one came Saturday night against the Tampa Bay Lightning in Game 5 of the Stanley Cup final, putting the Blackhawks on the verge of winning the Cup.

Vermette cost Chicago general manager Stan Bowman a 2015 first-round pick and defensive prospect Klas Dahlbeck in a deal with the Arizona Coyotes. It was one of two moves made, along with the acquisition of defenceman Kimmo Timonen, that came about only because Patrick Kane's injury opened up some salary-cap flexibility. Bowman said before the final that he wanted to give coach Joel Quenneville depth and options. What the Blackhawks got in Vermette was a top-nine forward who has been a major difference maker late in the playoffs. Game 6 will be played Monday night in Chicago. THE CANADIAN PRESS

ADJUSTMENT

Vermette went from the Coyotes' No. 1 centre to a bit player on the star-studded Blackhawks, but soon after the trade, he said he "recognized what a great opportunity it was to play for this team."

IN BRIEF

Newgarden win Honda Indy race in Toronto

Josef Newgarden took the lead on the 72nd lap and held on to capture the Honda Indy Toronto race Sunday.

Newgarden, a 24-year-old native of Henderson, Tenn., completed the 85 laps around the 1.755-mile, 11-turn Exhibition Place street circuit first for his second win on the IndyCar circuit this season. Teammate Luca Filippi was second just 1.4 seconds behind, followed by Helio Castroneves in third as drivers battled wet conditions. THE CANADIAN PRESS

Astros blast Mariners

Rookie Lance McCullers and four relievers combined for a two-hitter and Evan Gattis tied a career high with four hits, helping the Houston Astros cruise to a 13-0 win over the Seattle Mariners on Sunday. McCullers (3-1) struck out four and didn't allow a hit through five.

Joe Thatcher allowed one hit in the seventh, Will Harris threw a perfect eighth and Josh Fields completed the shutout. Colby Rasmus had three RBIs as the Astros led 10-0 lead by the fourth inning. THE ASSOCIATED PRESS

MLB

Jays sink Red Sox to equal club record

The way the Toronto Blue Jays are playing these days, even the last hitter in their lineup is plenty dangerous. The Jays won their 11th straight game to tie the team record, routing the Boston Red Sox 13-5 Sunday as ninth-place batter Ryan Goins homered, doubled and drove in five runs.

Danny Valencia, batting seventh, also homered as the highest-scoring club in the majors completed a sweep at Fenway Park and sent Boston to its season-worst sixth straight loss.

This is the fourth time Toronto has won 11 in a row, most recently in 2013. The Blue Jays can set the team mark Monday night against the New York Mets. The Blue Jays have scored 88 runs in their streak, including 31 this weekend in Boston.

Goins' three-run homer capped a six-run fourth inning as the Blue Jays roughed up rookie Eduardo Rodriguez (2-1). Marco Estrada (4-3) gave up five runs in five innings. David Ortiz hit a three-run homer for Boston, which fell 10 games under .500.

Toronto opened a 10-0 lead in the fifth. Chris Colabello had an RBI single and Russell Martin chased Rodriguez with a run-scoring double. Valencia then hit reliever Steven Wright's first pitch completely over the Green Monster seats.

Rodriguez gave up nine runs on eight hits and three walks in 4 2-3 innings. The Red Sox answered with five in the bottom of the inning. Dustin Pedroia and Ramirez had RBI singles before Ortiz homered and Goins added his runs. THE ASSOCIATED PRESS

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Ready in
Prep time: 10 minutes
Cook time: 14 minutes
Serving size: 6

Ingredients
- 5 Tbsp + 2 tsp all-purpose flour, divided
- 3 Tbsp grated Parmesan cheese
- 1 1/2 lb boneless chicken breasts, pounded
- 2 tsp vegetable oil
- 1/3 cup white wine
- 3/4 cups chicken stock
- 2 Tbsp lemon juice
- 2 tsp lemon zest
- 1 Tbsp honey
- Salt and pepper
- 2 Tbsp capers (optional)
- 3 Tbsp chopped parsley
- 4 lemon slices

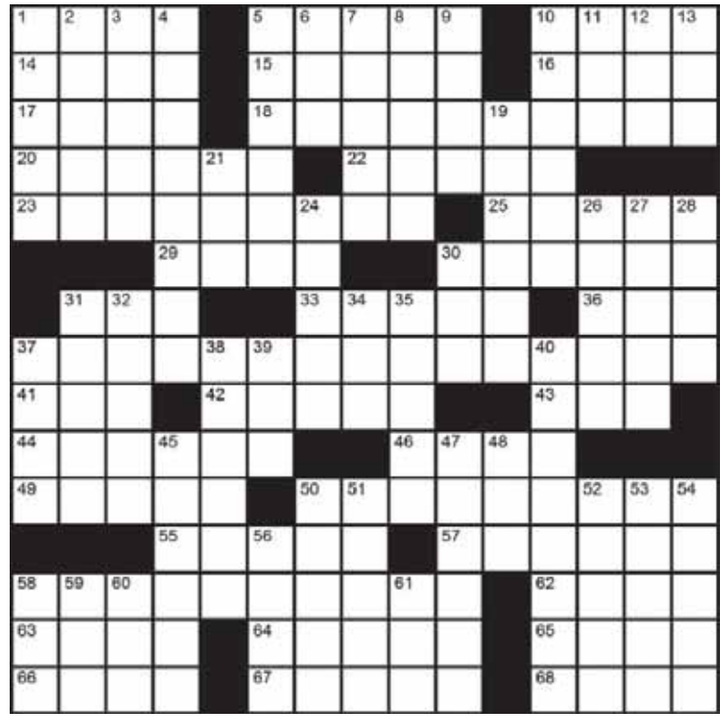
Directions
1. Combine 5 Tbsp of flour, cheese, salt and pepper on a plate. Dip chicken in mixture.
2. In a large skillet, add oil and sauté chicken for two minutes per side until lightly browned. Add wine and cook just until evaporated about one minute.
3. In a bowl combine stock, juice, 2 tsp of flour, zest, honey and salt and pepper until flour is dissolved. Add to chicken, cover and simmer for four minutes, turning once until sauce is slightly thickened and chicken is cooked.
4. Garnish with capers (if using), parsley and lemon slices. If desired, grill lemon slices for a minute per side before serving on chicken.

Nutrition per serving
- Calories 325
- Protein 37 g
- Fat 4.4 g
- Cholesterol 96 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Slope beside a river
5. _ Bay, Nova Scotia
10. Mass of ice
14. Sarah McLachlan tune
15. More unique
16. Authentic
17. Peel
18. 54-40 tune that goes "Bitten in the valley of thirst, the body kills.": 2 wds.
20. Spotter's exclamation, "_ _ _!"
22. Topic
23. As per #4-Down... Ms. Sinclair
25. Rene of movies
29. Opening on a schedule
30. Count on
31. Play-_
33. Musical piece for Chopin
36. Dynasty of China
37. Hudson's Bay: 2 wds.
41. Pres. Lincoln
42. Alleviated
43. 100, for short
44. Straightforward
46. Quebec pronoun
49. Stagnant
50. "Thinking of You" rock band from Winnipeg
55. Biopic starring Leonardo DiCaprio, "J. _" (2011)
57. Body of work
58. Toronto subway line, Yonge-_
62. Greek Myth: Goddess of discord
63. Ms. Winningham
64. "What?" response-starter, "_ _..."
65. "_ of Eden" (1955)
66. Bridge
67. Driving costs
68. 'Science Guy' Bill's

DOWN
1. Relating to Atomic Number 56
2. 'Revenge is _ _ best served cold'
3. Eight's follower, CB Radio style
4. FIFA Women's World Cup Canada 2015... Team Canada players on Canada Post's commemorative stamp: Ms. Buchanan and the team's captain at #23-Across
5. Capri attraction in Italy, Blue _
6. Lake: French
7. "Congratulations _ _ order!"
8. Quit
9. Sea eagles, variantly
10. Make available: 2 wds.
11. Grazing land
12. Paddle
13. Building wing
19. Uses the blender this way
21. Geog. feature
24. Articles
26. Attach a patch: 2 wds.
27. Mortimer _ (Noted ventriloquy puppet)
28. Comical dog
30. Spray in Joni Mitchell's "Big Yellow Taxi"
31. Money-spent transaction
32. CBC Radio One program DNTO = Definitely Not the _
34. _-hee! (That's funny!)
35. Beneath
37. Common sitcom roles
38. Draw back
39. Tit-for-_
40. Lady on Canadian money: 2 wds.
45. 7-_ (Slurpee seller)
47. _ of London (Underwriter)
48. Actor Jason
50. "This house _ _ many great features." ...pointed out the real estate agent
51. Font choice
52. Sun's one-of-some: acr. + wd.
53. Still _ _ (Maya Angelou poem)
54. Homes for chirpers
56. Gumption
58. Hmms...
59. Snooze
60. "Michael Collins" (1996) org.
61. "Voices Carry" by '_ Tuesday

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Saturn moves back into the wealth area of your chart today, which, among other things means you must take extra care when dealing with money and business matters. You know the old saying: neither a borrower nor a lender be.

Taurus April 21 - May 21
You may find that your enthusiasm takes a bit of a dive over the next few days but it is nothing to worry about. Come the weekend you will be raring to go again.

Gemini May 22 - June 21
Make sure your time is your own today because if you have to do things for other people you won't be happy or productive. If you feel the need, slip away for a bit and don't tell anyone where you are going.

Cancer June 22 - July 23
You will be both sociable and aloof over the next 24 hours. Conflicting aspects at work in your chart mean you will go from one extreme to the other. At least no one can say you are too predictable.

Leo July 24 - Aug. 23
You will get another chance to impress an employer or senior colleague and this time you will take full advantage of it. But don't neglect your home life — loved ones need to know they still come first.

Virgo Aug. 24 - Sept. 23
A rival is now praising you to the skies but there is no need to go on the defensive. Yes, they may be flattering you for their own selfish ends but it won't do them much good — you're too smart to be fooled.

Libra Sept. 24 - Oct. 23
If you are having doubts about some kind of financial arrangement you must speak up. With Saturn moving into the money area of your chart today you probably have very good reasons for having second thoughts.

Scorpio Oct. 24 - Nov. 22
If there is something important you need to tell a friend or family member, tell them today while there is still a good chance they will understand. Later in the week you may not find it so easy to express yourself.

Sagittarius Nov. 23 - Dec. 21
Don't push yourself too hard over the next few days. Whatever duties you have to complete, either at home or at work, they can quite safely wait. Strangely, the harder you strive the harder it will be to get things done.

Capricorn Dec. 22 - Jan. 20
Find ways to combine business and pleasure today. You are in a fun-loving mood but there are still some serious things to be taken care of, especially on the work front. Aim to get the best of both worlds at the same time.

Aquarius Jan. 21 - Feb. 19
You should find it easier to come and go as you please over the next few days. However, you still need to be sensible and stay away from places where tensions are running high and people don't agree with you.

Pisces Feb. 20 - March 20
Because you can sense that major changes are coming you may be a bit touchy today. Have fun with your friends. If you sit at home and dwell on your fears, your mind will play tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7		3	2	4		
8	2						9	
			9		6			2
		4	1		3	6		
	6						3	
		9	7		8	2		
5			6		1			
	8						4	6
		3	5	7		8		

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A free service for immigrants to British Columbia
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Honda CHECKERED FLAG EVENT

Lease a new **Honda** from $39*

weekly and $0 down‡

GET A $750 CIVIC BONUS† UNTIL JUNE 30TH

2015 CIVIC

LEASE FOR $39*

0.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP **$17,245**** includes freight and PDI.
Model shown: FB2E2FEX

Features available on select models include:

- LaneWatch™ blind spot display
- Multi-angle rearview camera
- 7" Display Audio System with HondaLink™ Next Generation

2015 FIT

LEASE FOR $40*

2.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP **$16,070**** includes freight and PDI.
Model shown: GK5G3FE

Standard features include:

- Earth Dreams™ technology powertrain
- Multi-angle rearview camera
- 60/40 Split 2nd Row Magic Seat®

2015 ACCORD

LEASE FOR $62*

0.99% APR# $0 down‡

Weekly on a 60 month term with 260 payments.
MSRP **$25,745**** includes freight and PDI.
Model shown: CR2E3FE

Features available on select models include:

- LaneWatch™ blind spot display
- Lane Departure Warning and Forward Collision Warning
- Rearview camera (standard)

Honda CELEBRATION OF LIGHT

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bchonda.com

†$750 Civic Bonus is comprised of $500 Consumer Incentive Dollars on any transaction for all 2015 Civic models and $250 Lease Dollars available on lease transactions from Honda Finance Services ("HFS"), on approved credit only, on qualifying 2015 Civic models (not available on Civic Hybrid FB4F2FG). All bonuses are deducted from the negotiated selling price after taxes. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2015 Fit DX model GK5G3FE/Civic DX model FB2E2FEX/Accord LX model CR2E3FE ("Specified Models") for a 60-month period, for a total of 260 payments of $39.96/$38.94/$61.93 leased at 2.99%/0.99%/0.99% APR based on applying $1,175/$1,100/$550 "lease dollars" (which are deducted from the negotiated selling price before taxes). ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 Fit DX, Civic DX, and Accord LX only on customer's behalf. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $10,389.60/$10,124.40/$16,101.80. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $16,070/$17,245/$25,745 including freight and PDI of $1,495/$1,495/$1,695 based on new 2015 Specified Models described above. License, insurance, registration and taxes are extra and may be required at the time of purchase. */#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from June 2nd through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.